

## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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(last updated 01-11-12)

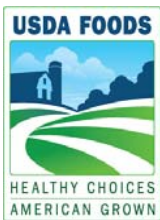
### 100258 – APPLE SLICES, FROZEN, UNSWEETENED, 30 LB

### Nutrition Information

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>U.S. Grade A individually quick frozen (IQF) apple slices.</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>30 lb case.</li><li>One 30 lb case AP yields about 95¼ cups tempered ready-to-cook or serve sliced apple and provides about 381.0 ¼-cup servings tempered ready-to-cook or serve sliced apple OR about 264.0 ¼-cup servings heated fruit.</li><li>One lb AP yields 0.99 lb (about 3⅛ cups) tempered ready to-cook or serve sliced apple and provides about 12.7 ¼-cup servings tempered ready-to-cook or serve sliced apple OR about 8.80 ¼-cup servings heated fruit.</li><li>CN Crediting: ¼ cup tempered sliced apple OR ¼ cup heated sliced apple provides ¼ cup fruit.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Store unopened frozen apple slices at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf-life and speed deterioration.</li><li>Store opened thawed apple slices covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li><li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>

Apples, frozen, sliced, unsweetened, heated

	¼ cup (52 g)	½ cup (103 g)
Calories	24	48
Protein	0.15 g	0.30 g
Carbohydrate	6.18 g	12.36 g
Dietary Fiber	1 g	2 g
Sugars	0 g	0 g
Total Fat	0.17 g	0.34 g
Saturated Fat	0.03 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.1 mg	0.2 mg
Calcium	3 mg	5 mg
Sodium	2 mg	3 mg
Magnesium	2 mg	3 mg
Potassium	39 mg	78 mg
Vitamin A	10 IU	21 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	0.2 mg	0.4 mg
Vitamin E	0 mg	0 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>• Drain well to use in apple nut breads and apple cake.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Do not refreeze apple slices.</li><li>• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul>

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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